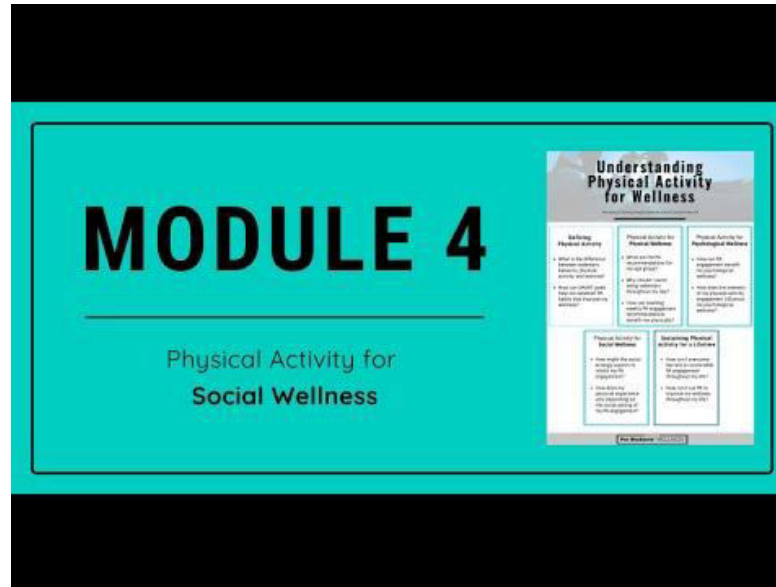


Link to Voiceover Version of This Presentation:

https://youtu.be/cy_Hjj3Zg7M



Physical Activity for **Social Wellness**

Module 4/5

Essential Questions

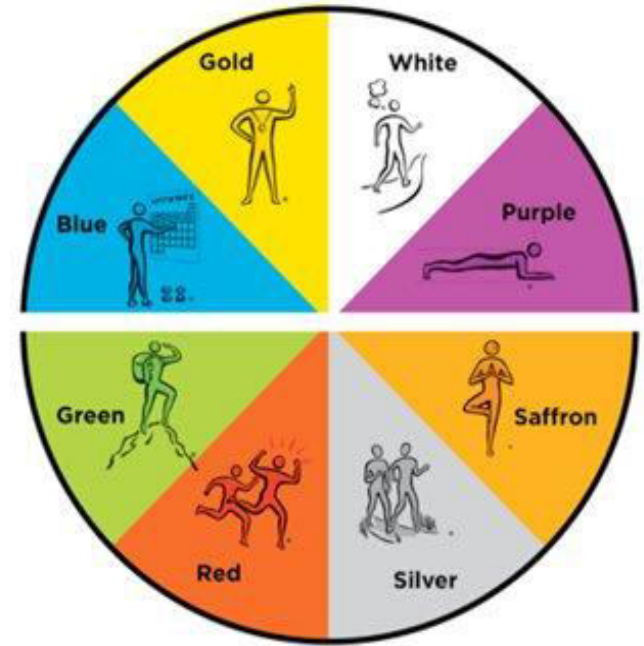
How might the social ecology support or inhibit my PA engagement?

How does my personal experience vary depending on the social setting of my PA engagement?

Challenge!

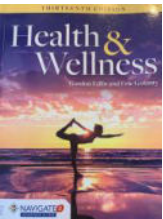
Pause this video & take the “8 Colors of Fitness” Quiz
@ <http://the8colors.com/quizw.php>

- Review your results!
- Do you agree or disagree with your Color of Fitness?
 - *How can this help you plan your physical activities?*
- Lastly, ask a family member or friend to take the quiz and compare your results!



What is “social wellness”?

- “Social wellness refers to the ability to perform **social roles** effectively, comfortably, and without harming others. “
- Examples of social roles:
 - **Student** – can I effectively & comfortably get along with my classmates and teachers without harming others?
 - **Family member** – can I effectively & comfortably interact with my family members without harming them?
 - **Friend** – can I effectively & comfortably interact with my friends in a manner that isn't harming them?
 - Can I effectively & comfortably communicate with others who may be different from me without harming them?



SOCIAL WELLNESS

Build relationships with others, deal with conflict appropriately, and connect to a positive social network



<https://www.unh.edu/health/well/social-wellness>

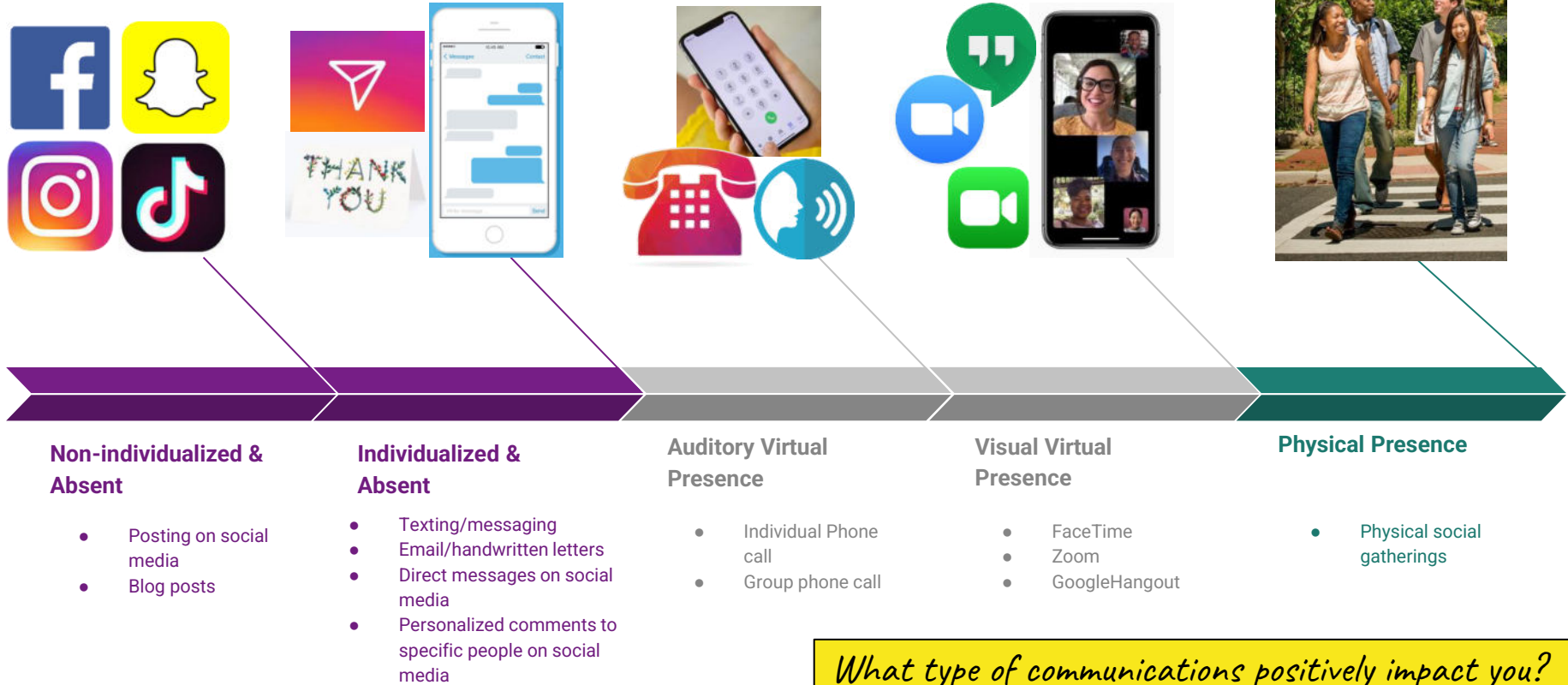
What is “effective” and “comfortable” social interaction?



IN A
WORLD
WHERE YOU CAN BE
ANYTHING
BE KIND

- Effective communicators are **clear communicators**
 - Communicating your thoughts, ideas, needs, and wants
 - Listen to others – be respectful and keep an open mind
 - Say what you mean, be honest, and apologize if you say something hurtful
- **Comfortable** social interaction is different for each of us

Social Interaction in the 21st Century

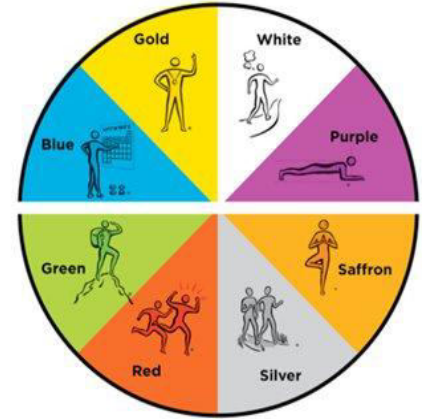


What is “social ecology”?

Understanding how our **environment** impacts our **social**, **psychological**, and **physical** wellness.

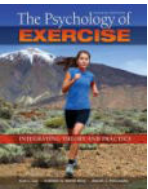
Environmental factors include:

- **Physical environment**
 - indoors/outdoors
 - home/gym
- **Social Environment**
 - Individual
 - Partner
 - Group
 - in-person/virtual
- **Psychological Environment**
 - Time of day
 - Music/podcasts



Physical Activity & Social Wellness

- People such as **family members, friends, teachers and healthcare professionals** can provide social support and social influence on physical activity
 - Can we identify the **positive and negative social support/influences in our lives?**
 - Positive social support can lead to more positive exercise-related thoughts, feelings, and behaviors
- Being physically active with others can increase our adherence to physical activity



Physical Activity & Social Wellness



- The more physically active your **social network** is, the **more active** you are likely to be.
- Teens who have strong **social support** are more physically active, especially girls.
- Use of **technology** may increase interest among those in your social circle.
- **How can you use technology** (an app, a website, YouTube, etc.) **to encourage your social network to be active with you?!**

During this module, try to get to a point where **you...**

Know...

- ...the components of social ecology that can support or inhibit PA engagement
- ...how social ecology can influence personal PA engagement
- ...how to create two (2) SMART goals for engaging in a variety of PA settings/social groups

Perform...

- ...movement breaks which interrupt sedentary behavior every 30-minutes
- ...PA strategies that support your PA engagement
- ...*meet the weekly PA recommendations for your age-group while trying to engage in PA in an **individual, partner, and group environment**

Reflect...

- ...on your personal barriers to PA engagement
- ...on the external factors that could support your PA engagement
- ...your personal strategies for sustained engagement in PA
- ...on your personal experiences following your engagement in **individual, partner, and group PA**

Resources

- Content for this presentation was guided, in part, by the Physical Activity Guidelines for Americans, 2nd edition. For more information, please visit:
 - https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf
 - U.S. Department of Health and Human Services. Physical Activity Guidelines for Americans, 2nd edition. Washington, DC: U.S. Department of Health and Human Services; 2018.
- <https://www.unh.edu/health/well/social-wellness>
- Edlin, G. & Golanty, E. (2019), *Health & Wellness. (p. 6-7 & 64-77). Burlington, Massachusetts: Jones & Bartlett Learning.*
- Lox, C. L., Ginis K. A. M., & Petruzzello, S. J. (2014), *The Psychology of Exercise: Integrating Theory and Practice. (p. 101-125). Scottsdale, Arizona: Holcomb Hathaway, Publishers.*
- Toscos, T., Faber, A., Connelly, K., & Upoma, A. M. (2008). Encouraging physical activity in teens: Can technology help reduce barriers to physical activity in adolescent girls? 2008 Second International Conference on Pervasive Computing Technologies for Healthcare, Pervasive Computing Technologies for Healthcare, 2008.
- Prochnow, T., Delgado, H., Patterson, M. S., & Umstattd Meyer, M. R. (2020). Social network analysis in child and adolescent physical activity research: A systematic literature review. *J ournal of Physical Activity & Health, 17(2), 250.*